

Whose Job Is It?

SWIM NOVA SCOTIA

Swim Nova Scotia is the governing body for all swim clubs in Nova Scotia. Our organization is made up of over 50 clubs – including, summer, year-round and masters, and boasts a membership of over 2,500 (swimmers, coaches, volunteers, and officials) ranging in ages 5 to 80 years old.

Our mission is to support and produce individual excellence. Swim Nova Scotia helps athletes to develop their potential whether for fitness or to work towards Olympic caliber. We are a non-profit organization that focuses on supporting and producing individual excellence at the International, National, Provincial and Novice levels. Swim Nova Scotia has been a part of competitive swimming across Canada and was incorporated in 1996.

Swim Nova Scotia is committed to these fundamental values:

Athlete Centered: Support the needs for athletes to become competitive, coachable, and confident

Integrity: Honest, sincere, and honorable behaviors and intentions characterize the relationships of all sport participants.

Accountability: We focus on performance and take responsibility to our stated commitments. Respect: Swim Nova Scotia will be fair, equitable and inclusive. We show respect by collaborating, communicating, and cooperating with our partners and members.

Commitment: Bring energy, passion, and the means to support excellence so that the organization will achieve its goals.

Leadership: Swim Nova Scotia, Coaches, Athletes and Officials play a leadership role with the delivery of swimming in Atlantic Canada.

Unity: Swim Nova Scotia and all its members demonstrate a unique sportsmanship, spirit, and dedication.

Innovation: Be proactive. Continually invest in the support of athletes to improve in all levels of excellence.

We are a not-for-profit, volunteer organization, with one paid full-time staff, the Executive Director, who is responsible for the operations of the organization and a part-time Provincial Coach. We have a volunteer Board of Directors, which is responsible for policy/governance.

CLUBS

Each swim club is overseen by a volunteer Board of Directors that oversee policy and governance, they work closely with the Head Coach, who is the 'CEO' of the Club. The Head Coach is responsible for the operations of the swim team; they oversee group placements, competition/training schedules, budgeting, facility bookings, communications with parents/swimmers, recruitment, and staffing.

The board should work in partnership with the head coach.

PARENTS

DON'T COACH - Leave coaching to coaches. This includes pre-race psyching, motivation, after race critiquing, setting goals, enforcing additional cross training, etc.

SUPPORT THE COACH - Your coaches are the experts. They need your support for everyone to "win".

SUPPORT THE PROGRAM - Get involved. Volunteer. Help at meets, fundraisers, etc.

BE YOUR CHILD'S BEST FAN - Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should not have to perform to win your love.

SUPPORT AND ROOT FOR ALL ATHLETES ON THE TEAM - Foster teamwork. Your child's teammates are not the enemy. When they go faster than your child, your child now has a wonderful opportunity to improve.

DO NOT BRIBE OR OFFER INCENTIVES - Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from proper race concentration.

TAKE YOUR CONCERNS AND PROBLEMS DIRECTLY TO THE COACH - If you have a problem with the coach, do not go to other parents to discuss it. Go straight to the coach involved. Talking behind the coach's back will not get you what you want.

UNDERSTAND AND DISPLAY APPROPRIATE MEET BEHAVIOR - Remember your child's self-esteem and race performance is at stake. Be supportive and cheer but always be appropriate.

MONITOR YOUR CHILD'S STRESS LEVEL AT HOME - Keep an eye on your athlete to make sure he is handling stress effectively from the various activities in his life.

MONITOR EATING AND SLEEPING HABITS - Be sure your child is eating the proper foods and getting adequate rest.

HELP YOUR CHILD KEEP HIS PRIORITIES STRAIGHT - Help your child maintain a focus on schoolwork, relationships, and the other important things in life besides sports. Also' if your child has made a commitment to one sport help them keep the priorities around this in mind.

“REALITY TEST” FOR YOUR CHILD - If a swimmer, for example, comes out of the pool with a personal best time and a last place finish, help them understand that this is a "win". Help them keep things in their proper perspective including losses, disappointments, and failures.

KEEP YOUR CHILD’S CHOSEN SPORT IN PERSPECTIVE – The sport should not be larger than life for you. If your child's performances elicit strong emotions, keep these away from them. Remember your relationship will continue with your children long after their competitive days are over. Keep your goals and needs out of your child’s sport.

BE AN APPROPRIATE LIAISON TO THE COACH - Keep the coach informed as to how your child is responding to the experience (when appropriate). If your child is having trouble with something that happened at practice or with something the coach said, help the child deal with it and if necessary, speak directly with the coach.